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USDA Pocket Guide

Calories & Weight



United States
Department of
Agriculture

PREPARED BY
Science and
Education
Administration

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Contents	Page
If you have a number of pounds to lose	4
If you have only a few pounds to lose	4
Choosing foods for weight control	5
To cut down on calories	9
Calorie tables	11
A guide for estimating serving sizes of meat ...	69
Index to calorie tables	78

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Calories & Weight

The USDA Pocket Guide

Calories measure how much energy you get from the foods you eat. Every food provides some energy, but different foods provide different amounts. To control your weight, you will need to control the amount of energy (the number of calories) you get from food and the amount of energy you use up in exercise and normal activity.

Whether you gain weight, lose weight, or stay the same depends on how well you balance the calories furnished by the foods you eat against the calories your body uses. If your food furnishes more calories than you use, you gain weight. If it furnishes fewer calories, you lose. If it furnishes just enough, your weight should stay about the same.

For every 3,500 extra calories you get and do not use, you gain about 1 pound of weight. This pound represents stored food energy in the form of fat. To lose excess fat you have to somehow use up stored energy. You can—

- Eat less food (fewer calories), to force your body to draw energy from its stored fat.
- Increase your activity, to use up more energy.
- Do both. Many dieters find a combination of eating less food and getting more exercise the best way to lose weight.

But before undertaking any weight-control program, compare your present weight with the acceptable weight given for your height and body frame on the next page. See if you really do need to lose weight.

Suggested Body Weights

Range of Acceptable Weight

Height (Feet-inches)	Men (Pounds)	Women (Pounds)
4'10"		92-119
4'11"		94-122
5'0"		96-125
5'1"		99-128
5'2"	112-141	102-131
5'3"	115-144	105-134
5'4"	118-148	108-138
5'5"	121-152	111-142
5'6"	124-156	114-146
5'7"	128-161	118-150
5'8"	132-166	122-154
5'9"	136-170	126-158
5'10"	140-174	130-163
5'11"	144-179	134-168
6'0"	148-184	138-173
6'1"	152-189	
6'2"	156-194	
6'3"	160-199	
6'4"	164-204	

NOTE: Height without shoes; weight without clothes.

SOURCE: Fogarty Conference on Obesity, 1973.

The table of acceptable weight ranges for adults (p. 3) can help you estimate how much weight you need to lose. If you have a small frame, your ideal weight probably is at the low end of the range; if medium, at the middle; if large, at the high end of the range.

Remember—the weight that is best for you in your midtwenties is best for you in later years, too.

If you have a number of pounds to lose . . .

Check with a doctor. He can tell you if you are in good enough physical condition for reducing. If you are, he will tell you how much weight to lose and how best to go about doing it. He will help you set the number of calories to include in your diet each day.

If you have only a few pounds to lose . . .

Keep track of everything you eat for several days. Remember to include between-meal snacks and beverages.

Next, refer to the calorie tables in the back of this booklet and estimate the number of calories you have been getting each day. If your servings

are larger than the portions given, increase the calorie counts accordingly. And if you find that a food is not listed, use the calorie value given for a similar food.

To lose weight at the recommended rate of 1 to 2 pounds a week, allow yourself 500 to 1,000 fewer calories per day than you are now getting. You will need to cut down more than that, however, if you are gaining weight on the amount of food you now eat. But don't cut calories to fewer than 1,200 a day unless you are under a doctor's supervision. The fewer calories you eat, the more difficult it is to get the minerals and vitamins you need.

Choosing foods for weight control . . .

Once you have decided on the number of calories to have each day, refer to the calorie lists in the back of this guide when choosing your foods. It is important that you stay within your calorie quota.

Keep in mind that weight-watchers need the same kinds of foods for health as everyone else. This means you should have foods from each of the first four basic food groups each day. You will find that you can easily fit some from each of

these groups into your calorie quota, because foods in each group vary in the number of calories they provide.

Vegetable - Fruit Group

Eat a variety of vegetables and fruits daily. Many are low in calories, yet they provide most of the vitamin C and a large share of the vitamin A in the diet. In addition, dark green vegetables supply riboflavin, folacin, iron, and magnesium and some greens provide calcium. Many fruits and vegetables, especially those with edible peelings and seeds, are good sources of fiber.

Include a source of vitamin C daily. Vitamin C is found in citrus fruits, melons, strawberries, tomatoes, and most dark green vegetables. Frequently include dark green or deep yellow vegetables and fruits—such as broccoli, greens (spinach, kale, collards, etc.), apricots, cantaloups, carrots, pumpkin, sweetpotatoes, and squash—for vitamin A.

Avoid extra calories. Season vegetables with spices and herbs instead of rich sauces or fats; have fruits without sugar or cream; have salads without dressing—or use a low-calorie dressing that you buy or make yourself.

Bread - Cereal Group

Select whole-grain, enriched, or fortified products. Those foods are important sources of B-vitamins and iron. They also provide protein. Whole-grain products are important for other vitamins and minerals, as well as fiber. Some fortified grain products—such as breakfast cereals—provide nutrients not normally found in cereals, such as vitamins A, B₁₂, C, and D. Check the nutrition label on the package.

Milk - Cheese Group

Milk and milk products supply the major portion of your calcium needs for the day. These foods also provide riboflavin, protein, and vitamins A, B₆, and B₁₂. They also furnish vitamin D, when fortified with this vitamin.

Skim milk, lowfat milk, buttermilk, and cheese or yogurt made from skim milk or low-fat milk are lower in calories than other types of milk, cheese, or yogurt.

Meat - Poultry - Fish - Bean Group

These foods are valued for protein, vitamin B₆, and other vitamins and minerals. Meats and dry beans and peas are good sources of iron, and meats also contribute zinc to the diet. Dry beans,

dry peas, and nuts are worthwhile sources of magnesium. Foods of animal origin supply vitamin B₁₂.

Remember that all of those foods have fewer calories when you eat them without added fats, gravies, or sauces. Trimming visible fats from meat can reduce calories considerably. Most nuts are high in calories because they are high in fat.

Fats - Sweets - Alcohol Group

Foods included in this group are butter, margarine, mayonnaise, other salad dressings, other fats and oils; candy, sugar, jam, jellies, sirups, sweet toppings, other sweets; alcoholic beverages, soft drinks, and other highly sugared beverages; refined breads, pastries, and other flour products which are not enriched.

Generally, these foods provide mainly calories and little—if any—protein, vitamins, and minerals. These foods often add unwanted calories. The amounts of these foods to include in the diet depends upon the total calories you need each day. Dieters, especially, should use these foods sparingly and concentrate first on foods from the other food groups as the basis for the daily diet.

To cut down on calories . . .

- Take small servings and omit seconds. No matter how many calories there are in a serving of food, a smaller serving—or fewer servings—means fewer calories.
- Substitute lower-calorie foods for higher-calorie ones. But you do not have to omit completely your favorite high-calorie foods. Just eat them less often and have smaller servings.
- Watch between-meal snacks. Many of the most tempting snack foods pack a lot of calories into small portions (see p. 48). Snacks can be part of your diet for weight control, however, if you plan for them. Be sure to include the calories they provide in your total for the day.
- Budget your calories to allow for special occasions, such as parties. Save on calories at other meals, so you can afford extra calories for these events.

But remember . . .

- Each meal is important. Don't skip breakfast or lunch to cut down on calories. Skipping meals often leads to unplanned snacking. Such snacking often leads to more calories than you want—and less of some of the nutrients you need.
- There is more to foods than calories. Make selections from the first four food groups to be reasonably sure of getting needed vitamins, minerals, protein, and other nutrients.
- "Crash" and "fad" diets may be hazardous to health. Unusual food combinations may seem glamorous or sure solutions to a dieter's problem, but they are not the answer.
- Rapid weight loss is not desirable. Be satisfied to reach your target weight gradually, by making small adjustments in your eating habits.
- Once you have reached the weight that is best for you, you will be able to eat a little more food. But continue to choose foods with an eye to calorie values, so you will not go back to the old eating habits that resulted in unwanted pounds.

Calorie Tables

Calorie values given for foods in the following tables do not include calories from added fat, sugar, sauce, or dressing—unless such items are included in the listing. Cup measure refers to a standard 8-ounce measuring cup, unless otherwise stated. Foods are listed in the following groups:

Beverages (carbonated and alcoholic; fruit drinks)

Breads and cereals

Desserts and other sweets

Fats, oils, creams, and related products (includes salad dressings)

Meat, poultry, fish, eggs, dried beans and peas, and nuts

Milk and cheese (includes milk desserts)

Snacks and other “extras”

Soups

Vegetables and fruits (includes fruit juices).

BEVERAGES

(Not including milk and fruit juices)

Fruit drinks

Calories

Apricot nectar, $\frac{1}{2}$ cup 70

Cranberry juice cocktail, $\frac{1}{2}$ cup 80

Grape drink, $\frac{1}{2}$ cup 70

Lemonade, frozen concentrate,
sweetened, ready-to-serve, $\frac{1}{2}$ cup 55

Orange juice-apricot juice drink, $\frac{1}{2}$
cup 60

Peach nectar, $\frac{1}{2}$ cup 60

Pear nectar, $\frac{1}{2}$ cup 65

Pineapple juice-grapefruit juice
drink, $\frac{1}{2}$ cup 70

Fruit drinks —Continued

Calories

Pineapple juice-orange juice drink,*1/2 cup*

70

Carbonated beverages

Calories

Cola-type, 8-ounce glass

95

12-ounce can or bottle

145

Fruit flavors, 10-13% sugar*8-ounce glass*

115

12-ounce can or bottle

170

Ginger ale, 8-ounce glass

75

12-ounce can or bottle

115

Root beer, 8-ounce glass

100

12-ounce can or bottle

150

(Check the label of "low-calorie" drinks for the number of calories provided.)

Alcoholic beverages

Calories

Beer, 3.6% alcohol, 8-ounce glass	100
<i>12-ounce can or bottle</i>	150

Whiskey, gin, rum, vodka

80-proof, 1½-ounce jigger	95
86-proof, 1½-ounce jigger	105
90-proof, 1½-ounce jigger	110
100-proof, 1½-ounce jigger	125

Wines, table (Chablis, claret, Rhine wine, sauterne, etc.), <i>3½-ounce glass</i>	85
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Wines, dessert (muscotel, port, sherry, Tokay, etc.), <i>3½-ounce glass</i>	140
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BREADS AND CEREALS

Bread	Calories
Cracked wheat , 18 slices per pound loaf, 1 slice	65
Raisin , 18 slices per pound loaf, 1 slice	65
Rye , 18 slices per pound loaf, 1 slice	60
<hr/>	
White	
soft crumb	
regular slice, 18 slices per pound loaf, 1 slice	70
thin slice, 22 slices per pound loaf, 1 slice	55
firm crumb, 20 slices per pound loaf, 1 slice	65
<hr/>	
Whole wheat	
soft crumb, 16 slices per pound loaf, 1 slice	65
firm crumb, 18 slices per pound loaf, 1 slice	60

Biscuits, muffins, rolls

Calories

Baking powder biscuit

home recipe, 2-inch diameter, one	105
mix, 2-inch diameter, one	90

Muffin

plain, 3-inch diameter, one	120
blueberry, 2 $\frac{3}{8}$ -inch diameter, one	110
bran, 2 $\frac{5}{8}$ -inch diameter, one	105
corn, 2 $\frac{3}{8}$ -inch diameter, one	125

Roll

hamburger or frankfurter, (16 per pound), one	120
hard, round, or rectangular, (9 per pound), one	155
plain, pan, (16 per pound), one	85
sweet, pan, (11 per pound), one	135

Other flour-based foods

Calories

Cakes, cookies, pies—See **Desserts**.

Cracker

butter, about 2-inch diameter, one	15
cheese, about 2-inch diameter, one	15
graham, 2½-inches square, two	55
matzo, 6-inch diameter piece, one	80
oyster, ten	35
pilot, one	75
rye, 1⅓ x 3½ inches, two	45
saltines, 1⅓-inches square, four	50

Doughnut

Cake-type, plain, 3¼-inch diameter (1½ ounces) one	165
Yeast-leavened, raised, 3¾-inch diameter (1½ ounces) one	175
Danish pastry, plain, 4½-inch diameter, one	275

Other flour-based foods —Continued **Calories**

Pancake (griddle cakes)

Wheat (home recipe or mix),

4-inch cake, one

60

Buckwheat (mix), *4-inch cake, one*

55

Pizza, plain cheese, *5 1/3-inch*

sector of 13 3/4-inch pie

155

Pretzel

Dutch, twisted, *one*

60

Stick, *5 regular (3 1/8-inches long) or*

10 small (2 1/4-inches long)

10

Spoonbread, *1/2 cup*

235

Waffle, *7 inch*

210

Breakfast cereals

Calories

Bran flakes

(40% bran) 1 ounce, (about $\frac{4}{5}$ cup)	85
with raisins, 1 ounce (about $\frac{3}{5}$ cup)	80

Corn

puffed, presweetened, 1 ounce (about 1 cup)	115
shredded, 1 ounce (about $1\frac{1}{6}$ cups)	110

Corn flakes

plain, 1 ounce (about $1\frac{1}{6}$ cups)	110
sugar-coated, 1 ounce (about $\frac{2}{3}$ cup)	110

Farina, cooked, quick-cooking, $\frac{3}{4}$ cup

80

Oats, puffed

plain, 1 ounce (about $1\frac{1}{6}$ cups)	115
sugar-coated, 1 ounce (about $\frac{4}{5}$ cup)	115

Oatmeal or rolled oats, cooked,

$\frac{3}{4}$ cup	100
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Breakfast cereals —Continued**Calories****Rice**

flakes, 1 ounce (about 1 cup)	110
puffed, 1 ounce (about 2 cups)	115
pre-sweetened, 1 ounce (about 2/3 cup)	110
shredded, 1 ounce (about 1 1/8 cups)	115

Wheat

puffed, 1 ounce (about 1 7/8 cups)	105
puffed, pre-sweetened, 1 ounce (about 4/5 cup)	105
rolled, cooked, 3/4 cup	135
shredded, plain, 1 ounce (1 large biscuit or 1/2 cup bite-size)	100
flakes, 1 ounce (about 1 cup)	100

Other grain products

Calories

Corn grits, degermed, cooked, $\frac{3}{4}$ cup **95**

Macaroni, cooked

plain, $\frac{3}{4}$ cup **115**

with cheese

home recipe, $\frac{1}{2}$ cup **215**

canned, $\frac{1}{2}$ cup **115**

Noodles, cooked, $\frac{3}{4}$ cup **150**

Rice, cooked, instant, $\frac{3}{4}$ cup **135**

Spaghetti, cooked

plain, $\frac{3}{4}$ cup **115**

in tomato sauce, with cheese,

home recipe, $\frac{3}{4}$ cup **195**

in tomato sauce, with cheese,

canned, $\frac{3}{4}$ cup **140**

with meat balls, home recipe,

$\frac{3}{4}$ cup **250**

with meat balls, canned, $\frac{3}{4}$ cup **195**

Wheat germ, toasted, 1 tablespoon **25**

DESSERTS AND OTHER SWEETS

Cakes

Calories

Angelcake, *2½-inch sector of 9¾-inch round cake* 135

Boston cream pie, *2⅓-inch sector of 8-inch round cake* 210

Chocolate cake, with chocolate icing, *1¾-inch sector of 9-inch round layer cake* 235

Fruitcake, dark, *2 x 1½ x ¼-inch slice* 55

Gingerbread, *2¾ x 2¾ x 1⅓-inch slice* 175

Cakes —Continued

Calories

Plain cake

without icing

3 x 3 x 2-inch slice 315

2 $\frac{3}{4}$ -inch diameter cupcake 115

with chocolate icing

1 $\frac{3}{4}$ -inch sector of 9-inch

round layer cake 240

2 $\frac{3}{4}$ -inch diameter cupcake 170

Pound cake, old fashion,

3 $\frac{1}{2}$ x 3 x 1 $\frac{1}{2}$ -inch slice

140

Sponge cake, 1 $\frac{7}{8}$ -inch sector of

9 $\frac{3}{4}$ -inch round cake

145

Candies

Calories

Caramels, (1 ounce) 3 medium

115

Chocolate creams, 35 to a pound,

2 to 3 pieces (1 ounce)

125

Candies —Continued

Calories

Chocolate, milk, sweetened,
1-ounce bar

145

Chocolate, milk, sweetened, with
almonds, *1-ounce bar*

150

Chocolate mints, 20 to a pound,
1 to 2 mints (1 ounce)

115

Fondantcandy corn, *20 pieces (1 ounce)*

105

mints, *three 1 1/2-inch mints**(1 ounce)*

105

Fudge, vanilla or chocolate

plain

1 ounce

115

1-inch cube

85

with nuts

1 ounce

120

1-inch cube

90

Candies —Continued

Calories

Gumdrops, about $2\frac{1}{2}$ large or 20
small (1 ounce)

100

Hard candy, three or four $\frac{3}{4}$ -inch-
diameter candy balls (1 ounce)

110

Jellybeans, 10 (1 ounce)

105

Marshmallows, 4 large

90

Peanut brittle, $1\frac{1}{2}$ pieces, $2\frac{1}{2} \times$
 $1\frac{1}{4} \times \frac{3}{8}$ -inch (1 ounce)

120

Other sweets

Calories

Chocolate**bittersweet**, 1-ounce square

135

semisweet, 1-ounce square

145

Chocolate sirup

thin type, 1 tablespoon

45

fudge type, 1 tablespoon

60

Other sweets —Continued

Calories

Cranberry sauce, canned*1 tablespoon*

25

Honey, *1 tablespoon*

65

Jam, preserves, *1 tablespoon*

55

Jelly, marmalade, *1 tablespoon*

50

Molasses, *1 tablespoon*

50

Sirup, table blends, *1 tablespoon*

55

Sugar, white, granulated, or
brown (packed) *1 teaspoon*

15

Cookies

Calories

Chocolate chip, *2 1/3-inch cooky,
1/2-inch thick*

50

Figbar, *1 small*

50

Cookies —Continued

Calories

Sandwich, chocolate or vanilla,
1 3/4-inch cooky, 3/8-inch thick

50

Sugar, *2 1/4-inch cooky*

35

Vanilla wafer, *1 3/4-inch cooky*

20

Pies

Calories

Apple, *1/8 of 9-inch pie*

300

Blueberry, *1/8 of 9-inch pie*

285

Cherry, *1/8 of 9-inch pie*

310

Chocolate meringue, *1/8 of 9-inch pie*

285

Coconut custard, *1/8 of 9-inch pie*

270

Custard, plain, *1/8 of 9-inch pie*

250

Pies —Continued

Calories

Lemon meringue, $\frac{1}{8}$ of 9-inch pie	270
Mince, $\frac{1}{8}$ of 9-inch pie	320
Peach, $\frac{1}{8}$ of 9-inch pie	300
Pecan, $\frac{1}{8}$ of 9-inch pie	430
Pumpkin, $\frac{1}{8}$ of 9-inch pie	240
Raisin, $\frac{1}{8}$ of 9-inch pie	320
Rhubarb, $\frac{1}{8}$ of 9-inch pie	300
Strawberry, $\frac{1}{8}$ of 9-inch pie	185

Other desserts

Calories

Apple betty, $\frac{1}{2}$ cup	160
Bread pudding, with raisins, $\frac{1}{2}$ cup	250

Other desserts —Continued

Calories

Brownie , with nuts, $1\frac{3}{4}$ -inches square, $\frac{7}{8}$ -inch thick	90
Custard , baked, $\frac{1}{2}$ cup	150
Fruit ice , $\frac{1}{2}$ cup	125
Gelatin	
plain, $\frac{1}{2}$ cup	70
with fruit, $\frac{1}{2}$ cup	80
Ice cream , plain	
regular (about 10% fat), $\frac{1}{2}$ cup	130
rich (about 16% fat), $\frac{1}{2}$ cup	165
Ice milk	
hardened, $\frac{1}{2}$ cup	100
soft serve, $\frac{1}{2}$ cup	135
Prune whip , $\frac{1}{2}$ cup	70

Other desserts —Continued

Calories

Puddings

cornstarch, vanilla, $\frac{1}{2}$ cup	140
chocolate, from a mix, $\frac{1}{2}$ cup	160
rennet desserts, ready-to-serve, $\frac{1}{2}$ cup	115
tapioca cream, $\frac{1}{2}$ cup	110

Sherbet, $\frac{1}{2}$ cup

130

FATS, OILS, CREAMS AND RELATED PRODUCTS**Fats and oils**

Calories

Butter or margarine

1 pat, 1-inch square, $\frac{1}{3}$ -inch thick	35
1 tablespoon	100

Margarine, whipped, soft, tub

1 tablespoon	100
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Fats and oils —Continued

Calories

Cooking fats

vegetable, 1 tablespoon	110
lard, 1 tablespoon	115

Peanut butter, see MEAT GROUP;
Other high-protein foods.

Salad dressings

regular

blue cheese, 1 tablespoon	75
French, 1 tablespoon	65

home-cooked, boiled, 1 tablespoon	25
Italian, 1 tablespoon	70

mayonnaise, 1 tablespoon	100
salad dressing, commercial,	

plain (mayonnaise-type), 1 tablespoon	55
Russian, 1 tablespoon	75

thousand island, 1 tablespoon	60
low calorie	

French, 1 tablespoon	20
Italian, 1 tablespoon	15

thousand island, 1 tablespoon	25

Fats and oils—Continued

Calories

Salad oil, 1 tablespoon

120

Cream

Calories

Half-and-half (milk and cream)

1 tablespoon 20

1 cup 315

Light, coffee or table, 1 tablespoon

30

Sour, 1 tablespoon

25

Whipped topping, pressurized,

1 tablespoon 10

Whipping

heavy, 1 tablespoon 50

light, 1 tablespoon 45

Imitation cream products (made with vegetable fat)

Calories

Creamers

liquid (frozen), 1 <i>tablespoon</i>	20
powdered, 1 <i>teaspoon</i>	10

Sour dressing (nonbutterfat sour cream)

1 <i>tablespoon</i>	20
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Whipped topping

pressurized, 1 <i>tablespoon</i>	10
frozen, 1 <i>tablespoon</i>	15
powdered, made with whole milk, 1 <i>tablespoon</i>	10

MEAT, POULTRY, FISH, EGGS, DRIED BEANS AND PEAS, AND NUTS

Beef

Calories

Beef and vegetable stew

canned, 1 <i>cup</i>	195
homemade, with lean beef, 1 <i>cup</i>	220

Beef potpie, home prepared, baked,

<i>1/4 of 9-inch diameter pie</i>	385
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Chili con carne, canned

with beans, 1/2 <i>cup</i>	170
without beans, 1/2 <i>cup</i>	240

Corned beef, canned, 3 *ounces*

185

Corned beef hash, 2/5 *cup (3 ounces)*

155

Dried beef

chipped, 1/3 <i>cup (2 ounces)</i>	115
creamed, 1/2 <i>cup</i>	190

Beef —Continued

Calories

Hamburger, broiled, panbroiled, or sauteed

regular, 3 <i>ounces</i>	245
lean, 3 <i>ounces</i>	185

Oven roast, cooked, without bone

cuts relatively fat, such as rib

lean and fat, 3 <i>ounces</i>	375
lean only, 3 <i>ounces</i>	205

cuts relatively lean, such as round

lean and fat, 3 <i>ounces</i>	220
lean only, 3 <i>ounces</i>	160

Pot roast, cooked, braised or

simmered, without bone

lean and fat, 3 <i>ounces</i>	245
lean only, 3 <i>ounces</i>	165

Steak, broiled, without bone

cuts relatively fat, such as sirloin

lean and fat, 3 <i>ounces</i>	330
lean only, 3 <i>ounces</i>	175

cuts relatively lean, such as round

lean and fat, 3 <i>ounces</i>	220
lean only, 3 <i>ounces</i>	160

Beef —Continued

Calories

Veal cutlet, broiled, without
bone, trimmed, *3 ounces*

185

Veal roast, cooked, without
bone, *3 ounces*

230

Lamb

Calories

Loin chop, broiled, without bone
lean and fat, *3 ounces*

305

lean only, *3 ounces*

160

Leg, roasted, without bone
lean and fat, *3 ounces*

235

lean only, *3 ounces*

160

Shoulder, roasted, without bone
lean and fat, *3 ounces*

285

lean only, *3 ounces*

175

Pork

Calories

Bacon, broiled or fried, crisp

<i>2 thin slices</i>	60
<i>2 medium slices</i>	85

Bacon, Canadian, cooked, one

<i>3 3/8 x 3/16-inch slice</i>	60
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Chop, broiled without bone

lean and fat, <i>3 ounces</i>	335
lean only, <i>3 ounces</i>	230

Ham, cured, cooked, without bone

lean and fat, <i>3 ounces</i>	245
lean only, <i>3 ounces</i>	160

Roast, loin, cooked, without bone

lean and fat, <i>3 ounces</i>	310
lean only, <i>3 ounces</i>	215

Sausage

Calories

bologna, 2 ounces (2 very thin 4½-inch-diameter slices)	170
braunschweiger, 2 ounces (two 3⅛-inch-diameter slices)	180
pork	
link, cooked, four 4-inch links (4 ounces, uncooked)	250
bulk, cooked, two 3⅞ x ¼-inch patties (4 ounces, uncooked)	260
salami, 2 ounces (two 4½-inch- diameter slices)	175
Vienna, canned, 2 ounces (3½ sausages)	135

Variety and luncheon meats

Calories

beef heart, braised, trimmed, 3 ounces (4 x 2½-inch piece)	160
beef liver, fried, 3 ounces (6½ x 2⅓ x ⅓-inch piece)	195
beef tongue, braised, 3 ounces (3 x 2 x ⅓-inch piece)	210
frankfurter, cooked, (8 per pound), one	170

Variety and luncheon meats—Continued Calories

boiled ham, 2 <i>ounces</i> (2 very thin 6½ x 4-inch slices)	135
spiced ham, canned, 2 <i>ounces</i> (2 thin 3 x 2-inch slices)	165

Poultry Calories

Chicken

roasted (no skin) breast, <i>one-half</i>	140
fried (no skin)	
breast, ½	160
thigh, <i>one</i>	115
drumstick, <i>one</i>	80
canned, meat with broth, ½ <i>cup</i> (3½ <i>ounces</i>)	165

Poultry pie, home prepared, baked, 1/4 of 9-inch diameter pie

410

Turkey, roasted (no skin)

light meat, 3 <i>ounces</i>	135
dark meat, 3 <i>ounces</i>	160

Fish and shellfish

Calories

Bluefish, baked, 3 ounces
($3\frac{1}{2} \times 2 \times \frac{1}{2}$ -inch piece)

135

Clams, shelled

canned, 3 medium clams and juice
(3 ounces)

45

raw, meat only, 4 medium
(3 ounces)

65

Crabmeat, canned or cooked, $\frac{1}{2}$ cup
(3 ounces)

80

Fish sticks, breaded, cooked,
frozen, three $4 \times 1 \times \frac{1}{2}$ -inch
sticks (3 ounces)

150

Haddock, breaded, fried, 3 ounces
($4 \times 2\frac{1}{2} \times \frac{1}{2}$ -inch fillet)

140

Mackerel

broiled with fat, 3 ounces
($4 \times 3 \times \frac{1}{2}$ -inch piece)

200

canned, $\frac{2}{5}$ cup with liquid (3 ounces)

155

Fish and shellfish —Continued

Calories

Ocean perch, breaded, fried,
3 ounces, (4 x 2½ x ½-inch piece) 195

Oysters, raw, meat only, *½ cup*
(6 to 10 medium) 80

Salmon
broiled or baked, *3 ounces* 155
canned, pink, *¾ cup with liquid*
(3 ounces) 120

Sardines, canned in oil, drained,
7 medium (3 ounces) 170

Shrimp, canned, *27 medium*
(3 ounces) 100

Tunafish, canned in oil, drained,
½ cup (3 ounces) 170

Eggs

Calories

Fried in fat, <i>large, one</i>	95
Hard or soft cooked, "boiled", <i>large, one</i>	80
Omelet, plain, <i>1 large egg, milk, and fat for cooking</i>	110
Poached, <i>large, one</i>	80
Scrambled in fat, <i>1 large egg and milk</i>	110

Dried beans and peas

Calories

Baked beans, canned with pork and tomato sauce, $\frac{1}{2}$ cup	155
with pork and sweet sauce, $\frac{1}{2}$ cup	190
Limas, cooked, $\frac{1}{2}$ cup	130
Red kidney beans, canned or cooked, $\frac{1}{2}$ cup, with liquid	110

Nuts

Calories

Almonds, 15 (2 tablespoons)	105
Brazil nuts, 4-5 large (2 tablespoons)	115
Cashews, 11-12 medium (2 tablespoons)	100
Coconut, fresh, shredded, 2 tablespoons	55
Peanuts, 2 tablespoons	105
Peanut butter, 1 tablespoon	95
Pecans, halves, 10 jumbo or 15 large	95
<hr/>	
Walnuts	
black, chopped, 2 tablespoons	100
English or Persian	
halves, 6 or 7	80
chopped, 2 tablespoons	105

MILK AND CHEESE

Milk

Calories

Buttermilk, 1 cup

100

Condensed, sweetened, undiluted

1/2 cup

490

Evaporated, whole, undiluted, 1/2 cup

170

Lowfat, 2% fat, nonfat

milk solids added, 1 cup

125

Skim, 1 cup

85

Whole, 1 cup

150

Yogurt

Calories

Made from skim milk, 1 cup

125

Made from whole milk, 1 cup

140

Milk beverages

Calories

Chocolate, homemade, 1 cup	240
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Chocolate milkshake, one 12-ounce container	405
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Cocoa, homemade, 1 cup	220
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Malted milk, 1 cup	235
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Milk desserts

Calories

Custard, baked, 1 cup	305
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Ice cream

regular (about 10% fat) 1 cup	270
rich (about 16% fat), 1 cup	350

Ice milk

hardened, 1 cup	185
soft-serve, 1 cup	225

Sherbet, 1/2 cup	135
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Cheese

Calories

American

process

1 ounce 105

1-inch cube 60

process cheese food

1 tablespoon 45

1-inch cube 55

process cheese spread

1 tablespoon 40

1 ounce 80

Blue or roquefort-type

1 ounce 100

1-inch cube 60

Camembert, 1 wedge of a 4-ounce

package containing 3 wedges 115

Cheddar, natural

1 ounce 115

1-inch cube 70

½ cup, grated (2 ounces) 225

Cheese —Continued

Calories

Cottage

creamed

2 tablespoons (1 ounce)

30

1 cup, packed

250

uncreamed

2 tablespoons (1 ounce)

25

1 cup, packed

170

Cream*1 ounce*

100

1-inch cube

55

Parmesan, grated*1 tablespoon*

25

1 ounce

130

Swiss, natural*1 ounce*

105

1-inch cube

55

Swiss, process*1 ounce*

95

1-inch cube

60

SNACKS AND OTHER "EXTRAS"

Calories

Bouillon cube, 1 cube, 1/2 inch 5

Cheese sauce (medium white sauce
with 2 tablespoons grated cheese
per cup) 1/2 cup 205

Corn chips, 1 cup 230

Doughnut
cake-type, plain, 3 1/4-inch
diameter (1 1/2 ounces), one 165
yeast-leavened, raised, 3 3/4-inch
diameter (1 1/2 ounces), one 175

French fries
fresh, ten 3 1/2 x 1/4-inch pieces 215
frozen, ten 3 1/2 x 1/4-inch pieces 170

Gravy, 2 tablespoons 35

Hamburger (with roll),
2-ounce patty 280

SNACKS AND OTHER "EXTRAS" —Continued

	Calories
Hot dog (with roll), 1 average	290
Olives	
green, 5 small or 3 large or 2 giant	15
ripe, 3 small or 2 large	15
Pickles	
dill, 1 3/4 x 4-inch pickle	15
sweet, 3/4 x 2 1/2-inch pickle	20
Pizza , plain cheese, 5 1/3-inch sector of 13 3/4-inch pie	155
Popcorn , large-kernel, popped with oil and salt, 1 cup	40
Potato chips , ten 1 3/4 x 2 1/2-inch chips	115
Pretzel	
Dutch, twisted, one	60
stick, 5 regular (3 1/8-inches long) or 10 small (2 1/4-inches long)	10

SNACKS AND OTHER "EXTRAS"—Continued

Calories

Tomato catsup or chili sauce,
1 tablespoon

15

White sauce, medium (1 cup milk,
2 tablespoons fat, 2 tablespoons
flour), *1/2 cup*

200

SOUPS

Calories

*(Canned, condensed, prepared with
equal volume of water unless other-
wise stated)*

Bean with bacon, *1 cup*

175

Beef noodle, *1 cup*

85

Bouillon, broth, or consomme, *1 cup*

15

Chicken gumbo, *1 cup*

55

Chicken noodle, *1 cup*

75

SOUPS —Continued

Calories

Chicken with rice, 1 cup 60**Clam chowder, manhattan, 1 cup** 80**Cream of asparagus**

with water, 1 cup 85

with milk, 1 cup 160

Cream of chicken

with water, 1 cup 115

with milk, 1 cup 190

Cream of mushroom

with water, 1 cup 130

with milk, 1 cup 205

Minestrone, 1 cup

85

Oyster stew

with water, 1 cup 60

with milk, 1 cup 135

Pea, split, 1 cup

190

SOUPS —Continued

Calories

Tomato

with water, 1 cup	85
with milk, 1 cup	160

Vegetable with beef broth, 1 cup

80

VEGETABLES AND FRUITS

Good sources of vitamin C are marked (CC), fair sources are marked (C), and good sources of vitamin A are marked (A)

Vegetables (Raw):

Calories

Cabbage (C)

plain, shredded, chopped, or sliced, 1/2 cup	10
coleslaw	
with mayonnaise, 1/2 cup	85
with mayonnaise-type salad dressing, 1/2 cup	60

Vegetables (Raw):—Continued

Calories

Carrots (A)

<i>7½ x 1⅓-inch carrot</i>	30
<i>½ cup, grated</i>	25

Celery, *three 5-inch stalks*

10

Chicory, *½ cup, ½ inch-pieces*

5

Chives, *1 tablespoon*

Trace

Cucumbers, *pared, 6 center slices, 1/8-inch thick*

5

Endive, *½ cup, small pieces*

5

Lettuce

<i>leaves, large, two</i>	5
<i>shredded or chopped, ½ cup</i>	5
<i>wedge, ¼ head, one</i>	10

Vegetables (Raw): —Continued

Calories

Onions

young green		
chopped, 1 <i>tablespoon</i>	5	
without tops, 2 <i>medium</i> or 6 <i>small</i>	15	
mature		
chopped, 1 <i>tablespoon</i>	5	

Parsley, chopped, 1 *tablespoon***Trace****Peppers, green**

chopped, 1 <i>tablespoon</i>	Trace
ring, $\frac{1}{4}$ -inch thick, one	Trace

Radishes, 5 *medium*

5

Tomatoes (C), 2 $\frac{2}{5}$ -inch diameter

<i>tomato</i>	20
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Turnips, cubed or sliced, $\frac{1}{2}$ *cup*

20

Watercress, 10 *sprigs*

5

Vegetables (cooked, canned, or frozen)

Calories

**Asparagus spears (C), 6 medium or $\frac{1}{2}$
cup cut**

20

Beans

green lima, $\frac{1}{2}$ cup

90

snap, green, wax, or yellow, $\frac{1}{2}$ cup

15

Beets, diced, sliced, or small whole,
 $\frac{1}{2}$ cup

30

Beet greens (A), $\frac{1}{2}$ cup

15

Broccoli (A, CC)

chopped, $\frac{1}{2}$ cup

25

stalks, three $4\frac{1}{2}$ to 5-inch

25

**Brussels sprouts (CC), $\frac{1}{2}$ cup (four
 $1\frac{1}{4}$ to $1\frac{1}{2}$ -inch sprouts)**

25

Cabbage (C), $\frac{1}{2}$ cup

15

Carrots (A), $\frac{1}{2}$ cup

25

**Vegetables (cooked,
canned, or frozen)**—Continued

Calories

Cauliflower (C), flower buds, $\frac{1}{2}$ cup	15
Celery , diced, $\frac{1}{2}$ cup	10
Chard (A), $\frac{1}{2}$ cup	15
Collard (A,C), $\frac{1}{2}$ cup	25
Corn	
on cob, <i>one 5-inch ear</i>	70
kernels, drained, $\frac{1}{2}$ cup	70
cream-style, $\frac{1}{2}$ cup	105
Cress , garden (A,C), $\frac{1}{2}$ cup	15
Dandelion greens (A), $\frac{1}{2}$ cup	15
Eggplant , diced, $\frac{1}{2}$ cup	20
Kale (A,C), $\frac{1}{2}$ cup	20
Kohlrabi (C), $\frac{1}{2}$ cup	20

**Vegetables (cooked,
canned, or frozen)** —Continued

Calories

Mushrooms, canned, $\frac{1}{2}$ cup 20

Mustard greens (A,C), $\frac{1}{2}$ cup 15

Okra

cuts and pods, $\frac{1}{2}$ cup 35
sliced, $\frac{1}{2}$ cup 25

Onions, mature, $\frac{1}{2}$ cup 30

Parsnips

diced, $\frac{1}{2}$ cup 50
mashed, $\frac{1}{2}$ cup 70

Peas, green, $\frac{1}{2}$ cup 65

Peppers, green (CC), 1 medium 15

**Vegetables (cooked,
canned, or frozen)**—Continued

Calories

Potatoes

au gratin, $\frac{1}{2}$ cup	180
baked (C), $2\frac{1}{3}$ -inch diameter, $4\frac{3}{4}$ -inch long, one	145
boiled, $2\frac{1}{2}$ -inch diameter whole, one	90
diced, $\frac{1}{2}$ cup	55
chips, ten $1\frac{3}{4}$ x $2\frac{1}{2}$ -inch	115
French fries	
fresh, ten $1\frac{1}{2}$ x $\frac{1}{4}$ -inch pieces	215
frozen, ten $3\frac{1}{2}$ x $\frac{1}{4}$ -inch pieces	170
hash-browned, $\frac{1}{2}$ cup	175
mashed	
milk added, $\frac{1}{2}$ cup	70
milk and fat added, $\frac{1}{2}$ cup	100
made from granules with milk and fat added, $\frac{1}{2}$ cup	100
pan-fried from raw, $\frac{1}{2}$ cup	230
salad	
made with cooked salad dressing $\frac{1}{2}$ cup	125
made with mayonnaise or French dressing and eggs, $\frac{1}{2}$ cup	180
scalloped without cheese, $\frac{1}{2}$ cup	125
sticks, pieces $\frac{3}{4}$ to $2\frac{3}{4}$ -inch long, $\frac{1}{2}$ cup	95

**Vegetables (cooked,
canned, or frozen)**—Continued

Calories

Pumpkin (A), $\frac{1}{2}$ cup 40

Rutabagas (C), sliced or diced, $\frac{1}{2}$ cup 30

Sauerkraut, canned, $\frac{1}{2}$ cup 20

Spinach (A,C), $\frac{1}{2}$ cup 25

Squash

summer, $\frac{1}{2}$ cup 15

winter

baked (A), mashed, $\frac{1}{2}$ cup 65

boiled (A), mashed, $\frac{1}{2}$ cup 45

Sweetpotatoes (A)

baked in skin (C), 5 x 2-inch, one 160

candied, 2½ inches long, one-half 160

canned, mashed, $\frac{1}{2}$ cup 140

Tomatoes (C), $\frac{1}{2}$ cup 30

Tomato juice (C), $\frac{1}{2}$ cup 25

**Vegetables (cooked,
canned, or frozen)**—Continued

Calories

Tomato juice cocktail, $\frac{1}{2}$ cup 25

Turnips, diced, $\frac{1}{2}$ cup 20

Turnip greens (A,C), $\frac{1}{2}$ cup 15

Vegetable juice cocktail, $\frac{1}{2}$ cup 20

Fruits (raw)

Calories

Apples, $2\frac{3}{4}$ -inch-diameter, one 80

Apricots (A), 3 (about $\frac{1}{4}$ pound) 55

Avocados

California varieties, 10 ounce,
one-half 190

Florida varieties, 16 ounce, *one-half* 205

Fruits (raw)—Continued

Calories

Bananas

<i>one 6- to 7-inch banana (about 1/3 pound)</i>	85
<i>one 8- to 9-inch banana (about 2/5 pound)</i>	100

Berries

blackberries, 1/2 cup	40
blueberries, 1/2 cup	45
raspberries	
black, 1/2 cup	50
red, 1/2 cup	35
strawberries (CC), 1/2 cup	30

Cantaloup (A,CC), 5-inch melon, one-half

80

Cherries

sour, 1/2 cup	30
sweet, 1/2 cup	40

Dates, “fresh” and dried, pitted, cut,

1/2 cup	245
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Fruits (raw) —Continued

Calories

Figs

fresh, 3 small	95
dried, 1 large	60

Grapefruit (CC)

white	
half of a 3 3/4-inch fruit	45
sections, 1/2 cup	40
pink or red, half of 3 3/4-inch fruit	50

Grapes

slip skin (Concord, Delaware, Niagara, etc.), 1/2 cup	35
adherent skin (Malaga, Thompson, seedless, Flame Tokay, etc.), 1/2 cup	55

**Honeydew melon (C), 2 x 7-inch
wedge**

50

Oranges (CC), 2 5/8-inch orange

65

Fruits (raw) —Continued

Calories

Peaches

slices, $\frac{1}{2}$ cup	30
whole, $2\frac{1}{2}$ -inch peach (about $\frac{1}{4}$ pound)	40

Pears, $3\frac{1}{2} \times 2\frac{1}{2}$ inch, one

100

Pineapple, diced, $\frac{1}{2}$ cup

40

Plums

damson, 1 inch (2 ounces), five	35
Japanese, $2\frac{1}{8}$ -inch (about $2\frac{1}{2}$ ounces), one	30

Raisins, packed, $\frac{1}{2}$ cup

240

Tangerines (C), $2\frac{3}{8}$ -inch tangerine (about $\frac{1}{4}$ pound), one

40

Watermelon (C), one 2-pound wedge

110

Fruits (cooked, canned, or frozen)

Calories

Applesauce

unsweetened, $\frac{1}{2}$ cup	50
sweetened, $\frac{1}{2}$ cup	115

Apricots (A)

canned in water, halves and liquid, $\frac{1}{2}$ cup	45
canned in heavy sirup, halves and sirup, $\frac{1}{2}$ cup	110
dried, cooked, unsweetened, fruit and juice, $\frac{1}{2}$ cup	105

Berries

blueberries, frozen unsweetened, $\frac{1}{2}$ cup	45
sweetened, $\frac{1}{2}$ cup	120
raspberries, red, frozen, sweetened, $\frac{1}{2}$ cup	120
strawberries, frozen, sweetened (CC), sliced, $\frac{1}{2}$ cup	140

Fruits (cooked, canned, or frozen)—Continued

Calories

Cherries

sour, canned in water, $\frac{1}{2}$ cup	50
sweet	
canned in water, $\frac{1}{2}$ cup	65
canned in sirup, $\frac{1}{2}$ cup	105

Figs , canned in heavy sirup, $\frac{1}{2}$ cup	110
--	-----

Fruit cocktail , canned in heavy sirup, $\frac{1}{2}$ cup	95
--	----

Grapefruit, canned (CC)

water pack, $\frac{1}{2}$ cup	35
sirup pack, $\frac{1}{2}$ cup	90

Peaches

canned in water, $\frac{1}{2}$ cup	40
canned in heavy sirup, $\frac{1}{2}$ cup	100
dried, cooked, unsweetened, $\frac{1}{2}$ cup	100
frozen, sweetened, $\frac{1}{2}$ cup	110

Fruits (cooked, canned, or frozen) —Continued

Calories

Pears

canned in water, $\frac{1}{2}$ cup	40
canned in heavy sirup, $\frac{1}{2}$ cup	95

Pineapple, canned

crushed, tidbits or chunks, in heavy sirup, $\frac{1}{2}$ cup	95
sliced, in heavy sirup, 2 small or 1 large slice and 2 tablespoons juice	80

Plums, canned in sirup, $\frac{1}{2}$ cup

105

Prunes, dried, cooked

unsweetened, fruit and liquid, $\frac{1}{2}$ cup	125
sweetened, fruit and liquid, $\frac{1}{2}$ cup	205

Rhubarb, cooked, sweetened, $\frac{1}{2}$ cup

190

Fruit juices

Calories

Apple , canned, $\frac{1}{2}$ cup	60
--	----

Grape

bottled, $\frac{1}{2}$ cup	85
frozen, diluted, $\frac{1}{2}$ cup	65

Grapefruit (CC)

fresh, $\frac{1}{2}$ cup	50
canned	
unsweetened, $\frac{1}{2}$ cup	50
sweetened, $\frac{1}{2}$ cup	65
frozen concentrate, ready-to-serve	
unsweetened, $\frac{1}{2}$ cup	50
sweetened, $\frac{1}{2}$ cup	60

Lemon , raw or canned, 1 tablespoon	5
--	---

Orange (CC)

fresh, $\frac{1}{2}$ cup	55
canned, unsweetened, $\frac{1}{2}$ cup	60
frozen concentrate, ready-to-serve, $\frac{1}{2}$ cup	55

Fruit juices—Continued

Calories

Pineapple , canned, unsweetened, <i>1/2 cup</i>	70
Prune , canned, <i>1/2 cup</i>	100
Tangerine , canned (C) unsweetened, <i>1/2 cup</i>	55
sweetened, <i>1/2 cup</i>	60

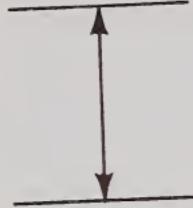
A Guide for Estimating Serving Sizes of Meat

Calorie counts for many meats in the calorie table (pp. 34–41) are for 3 ounces of cooked meat. Dieters often have difficulty judging how their servings compare with a 3-ounce serving and how many calories to count for the meats they eat.

To help estimate serving sizes of meats, study the sketches on the following pages. The sketches of hamburger patty, round steak, and veal cutlet represent the **actual size** of a 3-ounce serving of cooked lean meat (without bone). For the other meats—roast beef, ham, lamb chops, pork chops, and roast turkey—it takes **two pieces** of cooked lean meat (without bone) of the size pictured to make 3 ounces.

If your serving sizes are larger or smaller than the servings in the table, adjust the number of calories accordingly.

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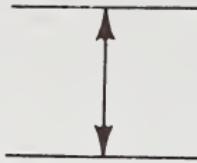


Hamburger (lean)

One patty this size: About 185 calories

Round Steak (lean only)

this thick



One piece this size: About 160 calories

Veal Cutlet (trimmed)



this thick

One cutlet this size: About 185 calories

Roast Beef Round (lean only)

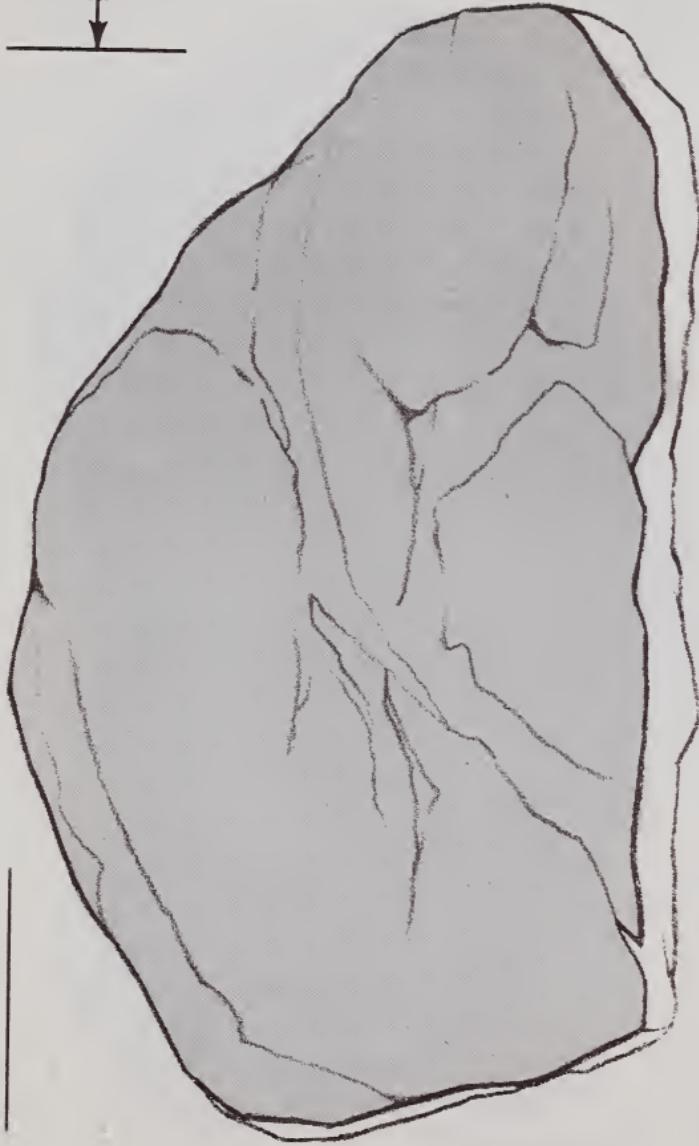
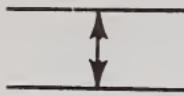
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Two slices this size: About 160 calories

Ham (lean only)

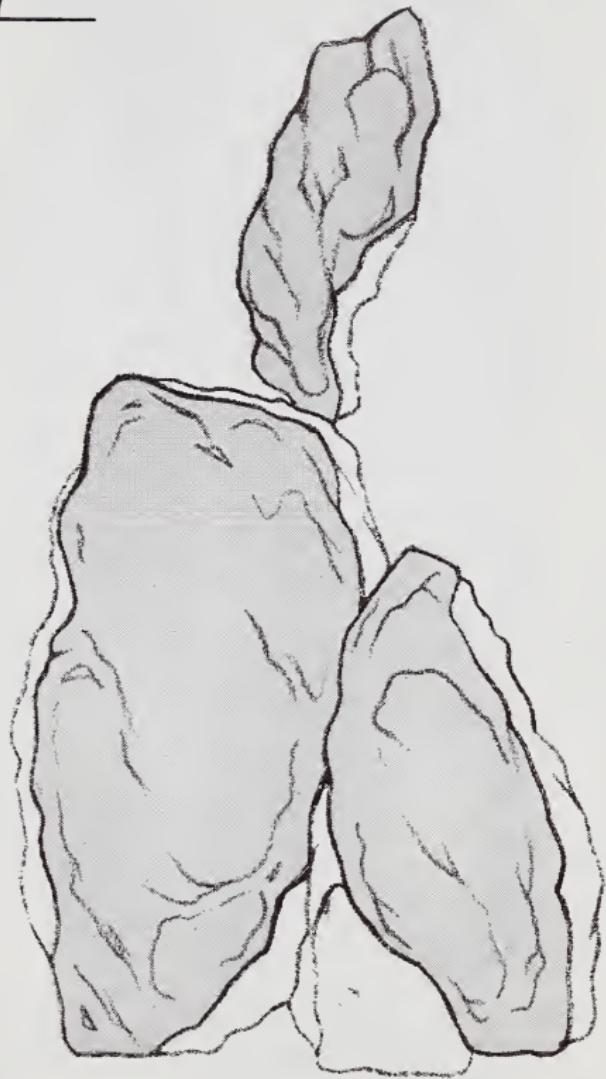
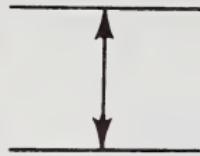
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Two slices this size: About 160 calories

Lamb Chop (lean only)

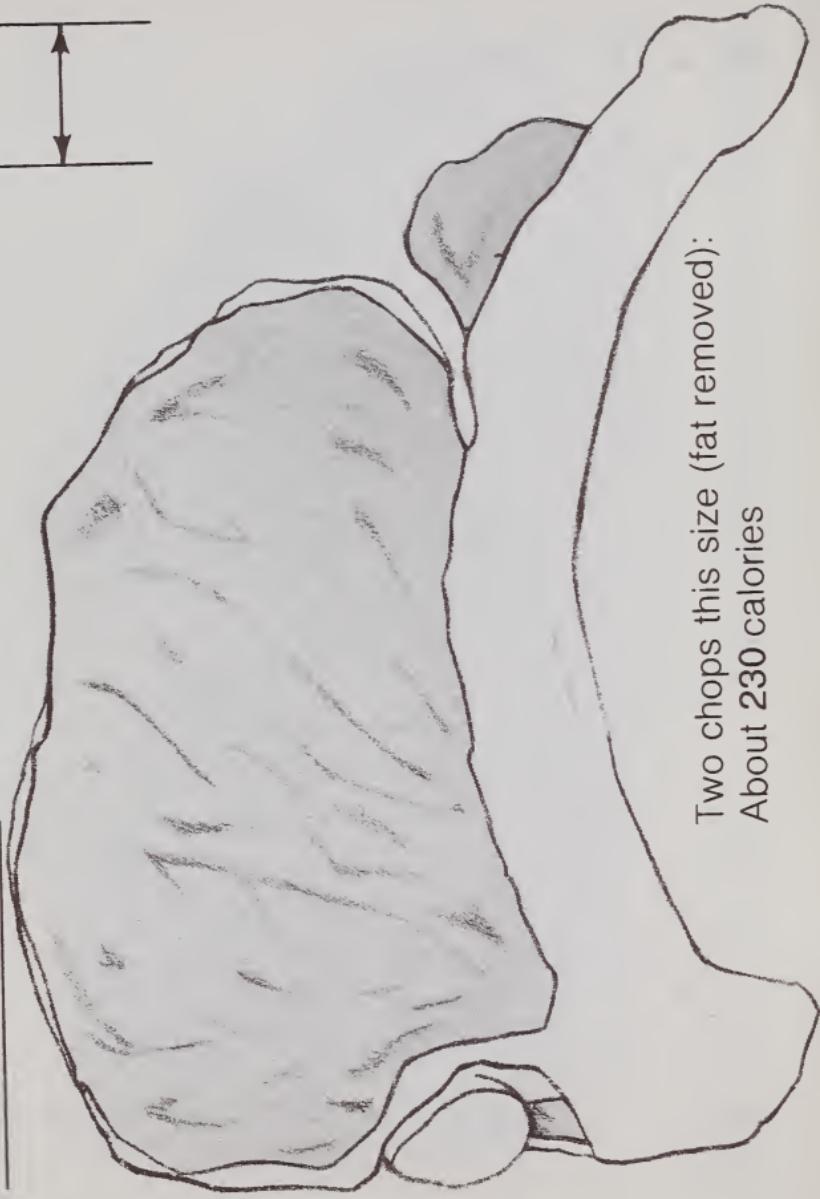
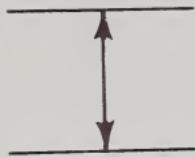
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Two chops this size (fat removed): About 160 calories

Pork Chop (lean only)

this thick



Two chops this size (fat removed):
About 230 calories

Roast Turkey

this thick



Two slices of light meat this size: About 150 calories
Two slices of dark meat this size: About 175 calories

General Index to Calorie Tables

	Page
Beans and peas, dry	42
Beverages:	
Alcoholic	14
Carbonated	13
Fruit drinks	12
Juice, tomato	59
Juices, fruit.....	67
Low-calorie	13
Milk	45
Biscuits.....	16
Bread	15
Butter	30
Candies	23
Cereals	19
Cheese	46
Crackers.....	17
Cream	32
Desserts:	
Cakes	22
Cookies	26
Custard	29
Gelatin.....	29
Ice cream	29
Ice milk	29
Pies	27

General Index to Calorie Tables—Continued

	Page
Puddings	30
Sherbet	30
Doughnuts	17
Eggs	42
Fruit	60
Jam, jelly	26
Macaroni	21
Margarine	30
Meats:	
Bacon	37
Beef	34
Chicken	39
Fish, shellfish	40
Lamb	36
Luncheon meats	38
Pork	37
Sausage	38
Turkey	39
Variety meats	38
Veal	36
Muffins	16
Noodles	21
Nuts	43
Pancakes	18
Peanut butter	43

General Index to Calorie Tables—Continued

	Page
Pizza	18
Rolls	16
Salad dressings	31
Sirups, honey	26
Snacks, "extras"	48
Soups	50
Spaghetti	21
Vegetables	52
Waffles	18

